

Dill & caper salmon burgers



350g salmon fillets, skin removed
1 tsp mustard seeds, ground
1 tbsp fresh dill, finely chopped
1 tsp capers, drained and chopped
half a small red onion, very finely chopped
¼ tsp sea salt flakes
2 tps coconut oil
4 tps coconut flour
lemon wedge to garnish

SERVES 2

Cut the salmon very finely and place in a bowl. Add the mustard seeds, dill, capers, onion and salt and mix thoroughly. Use your hands to gently squeeze out any excess moisture. Shape the mixture into two patties.

Sprinkle the flour onto a plate and place the patties onto the flour, covering lightly on both sides.

Heat a skillet or frying pan over a medium heat. Add the coconut oil and fry the burgers gently for 4-5 minutes each side until golden and cooked thoroughly.

Serve with wedges of lemon and steamed vegetables.

Consume immediately.



PER SERVING:
362 Calories
9g Carbs
41g Protein
18g Fat